

Student Senate Elections

Student Senate will be having elections for the 2010-2011 school year, from 9 a.m. to 4 p.m. April 20 in the Rogers Student Center.

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Library Fines

Last semester the Tyler Junior College library collected over \$1,000 in library fines. Students with overdue books cannot register for classes.

Story on page 3



THE APACHE POW WOW

THE OFFICIAL NEWSPAPER OF TYLER JUNIOR COLLEGE SINCE 1927

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Tyler, Texas

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College women are at higher risk for assault

By Irving Marmolejo
Staff writer

Some female college students suffer a cycle of abuse and intimidation as silent victims of verbal, physical and sexual assaults, while looking for a way out.

"Young adult women who are victims tolerate violence because it is what they experience at their homes and for them is all they know," said Jeremy Flowers, prevention specialist at East Texas Crisis Center.

Every year 300,000 intimate partner rapes occur against women and older.

According to Female Violence Prevention, females aged 12 to 24 are at the greatest risk of experiencing violence, rape or sexual assault.

"Many women think they are not experiencing violence because they have not ended up in the hospital," said Martha Carney, director

of client services at East Texas Crisis Center. "What they are really experiencing is the beginning of a cycle of abuse that affects everyone in the family."

On Jan. 24, 2010, Campus Safety started an investigation, after a female student reported she had been receiving harassment calls. She stated that she started receiving calls from a former classmate. The incident escalated to messages and voice mails with offensive language and distasteful messages.

Alba Hernandez said she also received harassing calls twice a week during the month of January. The messages became more offensive until she finally talked to her parents and reported the incident.

"He called a couple of times just making gross noises and asking me to meet somewhere; I felt scared and afraid when he became really intimidating during his calls," said Hernandez.

According to the National College's Women Sexual Victimization Study, in 2008 it was estimated that one of every four college women experience a complete or attempted sexual assault during their college years.

"Abusers demonstrate 70 to 80 percent of their behavior during

— see ASSAULT page 12 —

Video post exposes underage drinking and pornography

By Jasmine Hampton
Verve Editor

Uploaded videos on a popular Web site turned viral for two female students.

YouTube, the video sharing Web site that allows users to upload and share personal videos with the 14 million registered users worldwide has been under recent media scrutiny for its copyright violations, but the Web site constantly battles with the subject of safety and user privacy.

With the click of a mouse, a user can upload their every move onto the Web for the entire world to see in 14 different languages and in over 23 different countries. Once uploaded, the video becomes open real estate to anyone with Internet access, and privacy ends there.

"YouTube is an entertainment outlet - whether it's through sharing your own personal videos or through viewing other people's - there is fun to be had," Madison Phillips, TJC freshman said. "If people value privacy, why post videos of themselves for half the world to see? Besides, no harm comes from innocent videos intended for amusement."

However, Madison found that those amusing videos could lead to criminal charges when she and her best friend posted a seven-minute video of a classmate's graduation party in May 2009. The video showed a room full of partygoers consuming alcoholic beverages and smoking, and the clip also involved a girl in the background undressing all while Phillips narrated.

"The video was a joke, a reminder at the most of how much fun me and my fellow classmates had after high

school graduation," Phillips said. "Just your typical high school party video."

Unfortunately, this typical video involved illegal alcohol consumption by minors and was reported to the online review board.

"Our video got hundreds of hits within weeks of posting it. We told everyone we knew to check it out, then they told people and the cycle continued," Phillips said. "As far as we knew, everyone loved it."

The video eventually got the attention of parents of some of the students participating in the video, one of which red-flagged the video to the review board. The online review board has state offices that work with local



police departments and their cyber units. This unit's sole purpose is to combat cyber crimes like child pornography, online harassment and online identity theft.

The local cyber unit found that eight of the 12 students shown in the video, including Phillips, ranged from the ages 15 to 18 and were all involved in underage drinking. The students shown in the video were identified and given tickets for \$170 dollars each and community service assignments. Phillips had another charge to answer for: the girl in the background seen undressing in public was 15.

Once Phillips uploaded the video online, it became

— see VIDEO page 12 —

SEXUAL ASSAULT

2008 Study

It was estimated that one in every four college women experience a complete or attempted sexual assault during their college years.

Source: National College's Women Sexual Victimization Study, 2008

'I want the perfect body'

Teens struggle with eating disorders and steroid abuse

By Chantel Martin
Managing Editor

"No one wants to be the loser kid in high school," Sophomore Brittany said as she went through her Facebook photo gallery. She said she wanted to be popular, so she began to focus a lot more on her appearance.

"All of the popular girls looked and acted the same," she said. "They had skinny bodies and long hair. As a result they had a lot of friends and a lot of boyfriends. The only time a fat girl was popular was because she had a big personality to match."

Brittany said she had an eating disorder while she was in high school.

"I started when I was in the ninth grade," she said. "I didn't think it was a serious matter, but eventually it got worse."

Brittany said she started making small changes before she took drastic measures.

"I would start to eat better and take more care of my skin and nails," she said. "But that wasn't enough. I got a job during my sophomore year and spent a lot of money on clothes, make-up, diet pills and hair accessories. It was normal for me to go in a store and spend \$100 on cosmetics."

After watching TV shows such as America's Next Top Model and reading magazines such as Elle and Vogue, Brittany said she was feeling insecure about her body.

"On America's Next Top Model you would look at these skinny girls being critiqued about being too fat or gaining three pounds," she said. "So when models are being called fat, you can't help but to look at yourself and be like 'well what am I?'"

Brittany said she started throwing up her food once a week.

"I knew that I ate the most on Saturdays because I was at home all day," she said. "So I would sleep in so that I didn't eat breakfast and when I ate dinner I would just throw it up. I didn't

see any results right away, so I went from once a week to twice a week and so on."

Brittany said she didn't know she had a problem until she got to the point where she could throw up without eating anything.

"At first I would have to stick a pen or the handle of a toothbrush down my throat a couple of times in order for something small to come up," she said. "After a few months it came naturally. I then started to throw up blood because I would try to purge without eating anything."

Brittany said she lost 15 pounds during her sophomore and junior year.

"I lost a little weight, but it wasn't enough for some reason," she said. "That's how I knew I had a problem. I didn't tell anyone because it was my business, but I did slow down on the purging because I didn't like the sick feeling I would get afterwards."

ETMC First Physicians Clinic MD Stephanie Eijnsink said people who have eating disorders have what is known as Body Dysmorphic Disorder.

"People with Body Dysmorphic Disorder don't see the shape that they really are," she said. "They could be totally normal but they see themselves as fat or obese. It's as if they are in a form of denial and they are convinced that they are totally overweight."

Eijnsink said there are different eating disorders such as anorexia and bulimia. She said anorexia is when you starve yourself and

— see DISORDERS page 12 —

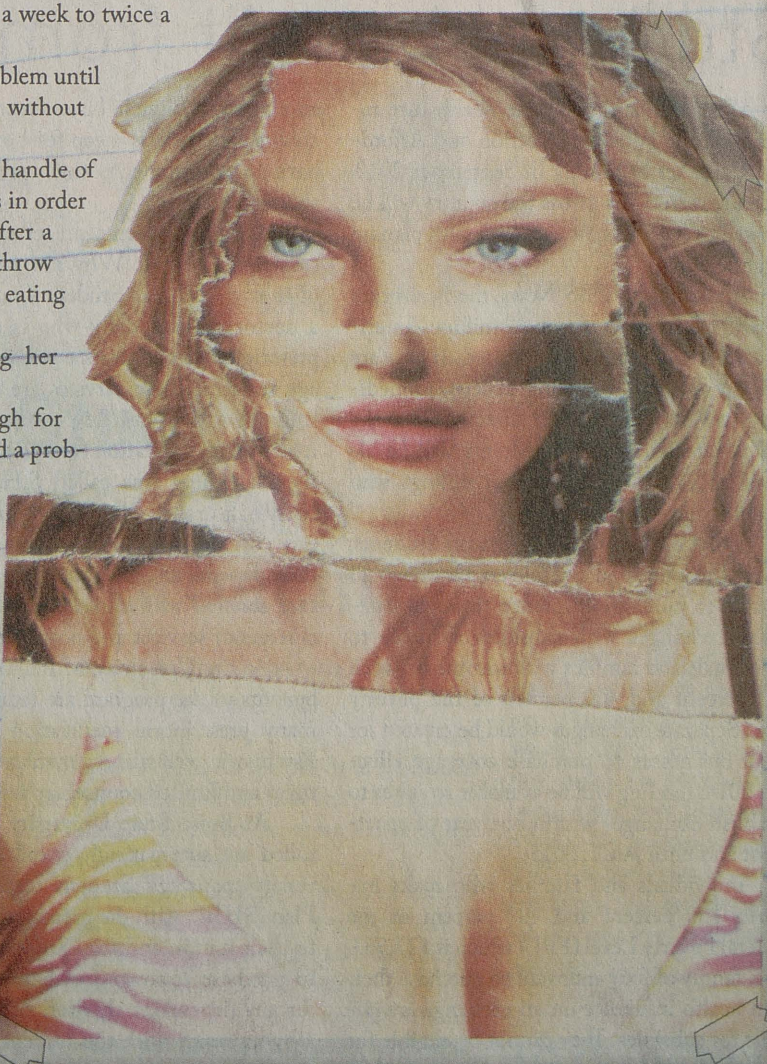


Photo by Chantel Martin

Obama statue moved

A statue of Barack Obama, in Jakarta, Indonesia, has been moved from a public park to a school he once attended. Residents complained the U.S. president should not be honored in the place of true Indonesian heroes. See the full story at tjcnewspaper.com.



MCT Photo

Haiti baby missing

Junior Alexis and his wife Nadine Devime show a photo of their missing two-month-old daughter in Port-au-Prince. They have been separated from her since five days after the quake. See the full story at tjcnewspaper.com.



MCT Photo

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WEB
extras

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column

Smoking on campus, a freedom of expression

Sarah Hall
Editor in Chief

Radioactive gas, rocket fuel, banned insecticide and rat poison. What do these four things have in common? They are all active chemicals in cigarettes and the smoke they produce.

Secondhand smoke has been somewhat of a large debate in the U.S. in the past few years and now it has become an issue on our campus. On March 30, TJC Student Senate unanimously passed a proposal to section off designated smoking areas for students and faculty.

Faculty Senate took a vote on April 6 and with a majority in favor of making TJC a smoke free campus all together. President

Metke and the Board of Trustees will make the final decision after reviewing both Faculty and Student Senate votes.

I can see how the non-smokers on campus would appreciate this decision, but what about the freedom of the students who do smoke?

Some smokers feel that if their freedom to smoke virtually anywhere outdoors on campus is taken away, it is only a matter of time before smoking on campus will be banned completely.

Although I do not smoke often enough to call myself a smoker, I do have to wonder if taking this right away from one group of students will result in other rights being taken away from other students.

College is meant to be a place where we can express ourselves freely: some students

smoke, some wear their pants to their knees and some, like myself, enjoy playing their ipods as loud as their ears can stand. If these freedoms are taken away or even limited, how are we supposed to express ourselves?

Now, I'm not condoning smoking or dressing with your pants to the ground, but I do think that all students should be given equal rights and be able to express themselves with equal freedom.



editorial

Students benefit from health care bill

With the passage of the health care reform bill, the Patient Protection and Affordable Care Act beginning in September 2010, dependent students across the country will be allowed to stay on their parents health plan up to age 26.

According to CBS News, the healthcare bill will expand coverage to 32 million Americans who are currently uninsured. If you are over 26 and still attending college, immediately you may not benefit directly from the health care bill, but your parents will be allowed to carry your dependent siblings who are full-time students under 26.

What options do we, as mature students, have? The uninsured and self-employed would be able to purchase insurance through state-based exchanges with subsidies available to individuals and families with income between 133 percent and 400 percent of the poverty level. Separate exchanges would be created for small businesses to purchase coverage effective 2014, funding will be available to states to establish exchanges within one year of enactment and until Jan. 1, 2015.

Individuals and families who make between 100 percent and 400 percent of the Federal Poverty Level (FPL) which is \$27,563, for a family of four and want to purchase their own health insurance on an exchange are eligible for subsidies. They cannot be eligible for Medicare, Medicaid and cannot be covered by

an employer. Eligible buyers receive premium credits and there is a cap for how much they have to contribute to their premiums on a sliding scale.

At TJC, students are charged a health service fee of \$30. Why not take advantage of it at the Rogers Student Center? There is a doctor on staff daily who is able to write prescriptions, and nurses who perform triage services. These services are offered to all students as long as they can produce a current TJC identification card. At other schools there are programs called S.H.I.P. (student health insurance plans) that provide health care coverage for full-fee paying students and their dependents, integrating campus primary care services with community specialty care, emergency services and hospitalization.

At the University of Idaho some of the benefits of the program are reduced costs for many prescription medication for students, Psychiatric evaluations, medication management and limited counseling/referral.

At Boise State University Students enrolled are automatically enrolled in the university-sponsored Student Health Insurance Plan (SHIP), with the premium charge added to their tuition and fees. Students are eligible to purchase coverage for their spouse and/or for any dependent children under the age of 19 who reside with the student, for an additional charge.

This is not the first time the government has gotten in the business of healthcare. Older people complain about how they don't want the government messing with their Medicare or Medicaid, well what do they think those programs are? Who do they think created these programs? What is it about free health care for children that the good 'ole boys have a problem with? What is it about a child with a pre-existing condition that they feel shouldn't be treated?

The argument that they will always have to pick up the cost is hypocritical. You don't see us complaining about paying into Social Security that we will never see, but that's another editorial.

CLARIFICATION

March 26, 2010 Editorial
In the Editorial entitled "Students to face debt during and after college," *The Apache Pow Wow* stated that in-district tuition for 15 credit hours costs \$6,222 per year and out-of-district tuition for 15 credit hours costs \$7,422. What we failed to clarify was that these costs include tuition and room and board. We apologize for any confusion and thank you for your continued support.

Sarah Hall
Editor In Chief

VIEWpoint

The Apache Pow Wow welcomes readers to voice their opinions on articles at tjcnewspaper.com or by sending a letter to the editor to tjcnews@tjc.edu. Full articles and comments can be found at tjcnewspaper.com.

Posted March 29, 2010

Response to Student musicians...

"Tyler is a wasteland when it comes to music, there is either room for country, hiphop, or death metal bands. Where is the class and the variety? This is the reason why I go to the DFW every chance I get. Unless Caden is playing at Java Jams of course."

Posted March 30, 2010

Response to Smoking debate still...

"I used to smoke myself, and I believe that a full on ban of smoking is a terrible idea. However, just having smoking in designated areas wouldn't be so bad. When I did smoke, I constantly would ask the others around them if smoking bothered them just in case."

Posted March 30, 2010

Response to Smoking debate still...

"Democracy was not meant to be used to subjugate or discriminate against a minority. SHS has not been proven to cause death or any disease. Personal preference should not be the deciding factor. Even the ACS can't verify one death. Stress does cause Asthmatics to have attacks. Asthmatics have been told 24/7 that smoke causes attacks and this causes the stress that brings on their problems. Hypochondriacs also have problems.

All of the ordinances are Unconstitutional as they violate the "Separate but Equal" clause of the 14th Amendment of The United States Constitution. They separate people into two different classes, non-smokers, and smokers, but they fail to make them equal. They establish rights for non-smokers and abridge the rights of smokers."

Posted April 6, 2010

Response to Belle Gold Alumni...

"That's my mom at the end of the line, the shortest, but maybe the strongest. She was so beautiful as an Apache Belle, she loved it, she remembers all the great, great times and what an honor it was and still is. Once an Apache Belle, always an Apache Belle. We are so proud of you, love you mom."

The APACHE Pow Wow

THE OFFICIAL NEWSPAPER OF TYLER JUNIOR COLLEGE SINCE 1927

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Smoking decision goes to administration

Faculty Senate votes smoke free campus, Student Senate proposes designated areas

By Jamie Regian
Advertising Director

Both Student Senate and Faculty Senate have weighed in on the smoking issue, sending recommendations up to the administration for further action.

The Student Senate passed an important piece of legislation on March 30 with a unanimous vote of student representatives.

"WHEREAS, second hand smoking has been scientifically proven to lead to many diseases.... THEREFORE, BE IT RESOLVED, that this Student Senate, representing the student body of Tyler Junior College, that the use of Tobacco products on TJC campus will be prohibited, and, BE IT FURTHER RESOLVED... that certain designated areas can be created where this rule is not in effect..."

Resolution 10-01 is TJC Student Senate's proposal, which states that smoking will be prohibited on TJC campus except for designated areas. Student Senate proposed several locations such as in between Claridge and Sledge Hall, at the back of Potter Hall and near the Intramural Field.

"The ones we came up with are merely suggestions," said Student Senate President Austin Witherspoon. "We, ourselves, do not have the power to create designated areas."

After Witherspoon and the Executive Board finished drafting the resolution, Student Senate adjusted and edited the document as a team. Student Senate was satisfied with the outcome of the vote and the general consensus of the student body.



Photo by Jamie Regian

DEBATE Student Senate Representatives from L-R Daniel Hatoum, Austin Witherspoon and Matt Oates discuss smoking proposal.

"I also was a bit shocked that there was no opposition," said Witherspoon.

After two Student Senate meetings, one open discussion, hours of research and physically drafting the legislation, Student Senate has played its final role for the majority of students at TJC.

"...We are certainly open to discuss the issue with anyone that has any concerns regarding it, however, as far as doing any further work on the issue, we have done all that we can," said Witherspoon.

— see SMOKING page 8 —

News In Brief

CAMPUS

APACHE POW WOW RECEIVES AWARDS

The Apache Pow Wow traveled to Kerrville to compete in the annual Texas Intercollegiate Press Association. TJC walked away with a total of 20 awards, in categories ranging from design and layout, to in-depth reporting.

The Texas Intercollegiate Press Association consists of members of public and private community colleges and universities in Texas.

TJC competed against students from some of Texas' biggest universities. More than 40 schools and 450 delegates were in attendance at the conference. The Apache Pow Wow also received honorable mention from the Texas Associated Press Managing Editors for Non-Daily University/Collegiate Newspaper of the year.

VOCAL MUSIC STUDENTS COMPETE

TJC Vocal Music students participated in the Spring 2010 auditions of the National Association of Teachers of Singing competition. Over 200 students competed from area schools.

Sylvia D'Eramo, Kaleb Hatley and Taylor Gambelin are all TJC students who placed at the competition. These students are under the direction of Voice Professor Andrea Trent.

TJC FORENSIC TEAM CHAMPS

The forensic team traveled for two weeks participating in competitions in two different states.

The American Forensic National Tournament was held in Eau Claire Wisconsin. There were 78 universities and colleges in attendance with over 800 students in competition. Five students qualified in a total of 12 events. TJC was named the top community college in the nation.

The Phi Rho Pi National Tournament for Community Colleges was held in New Orleans. There were 74 colleges in attendance with over 500 students competing. TJC was the winner of the Mariner - a cumulative sweepstakes award. After competing for this award for 34 years, TJC became the first Texas school to win this prestigious award. TJC students placed in several individual awards, which set up wins in Sweepstakes Awards.

AG CLUB WELL REPRESENTED

TJC's Ag club competed in the Texas Junior College Agriculture Association State Convention at TAMU-Commerce, and walked away with several awards.

Nine students represented TJC, and they competed in numerous events. Brandon Phillips, Hannah Chaney, J.D. Conaway, Kayla Benett, Josh Buck and Jessica Henderson are TJC students who placed in the competition.

SSFAC committee considering changes

By Sarah Hall
Editor in Chief

Many students are involved and active in one or more of the organizations offered at TJC. But most are not aware of the process by which these organizations are financed and supported.

The Student Services Fee Advisory Committee, also known as S.S.F.A.C., handles this process.

"The purpose of the Student Services Fee Advisory Committee is to review the type, amount, and expenditure of student services fees and to recommend the amount to be allocated for the next academic year," states the S.S.F.A.C. constitution.

The student life fee is applied to each student's tuition and is two dollars for every credit hour with a \$26 cap. The student life fee collected for the spring was \$199,366. The amount collected for the fall was \$219,833 for a total amount collected of \$419,199, according to Sarah Van Cleef, interim vice president of Business Affairs.

The committee is currently made up of nine students and one TJC faculty member. There has been a recommendation to change the committee to

eight students and two faculty members in order to add consistency to the process.

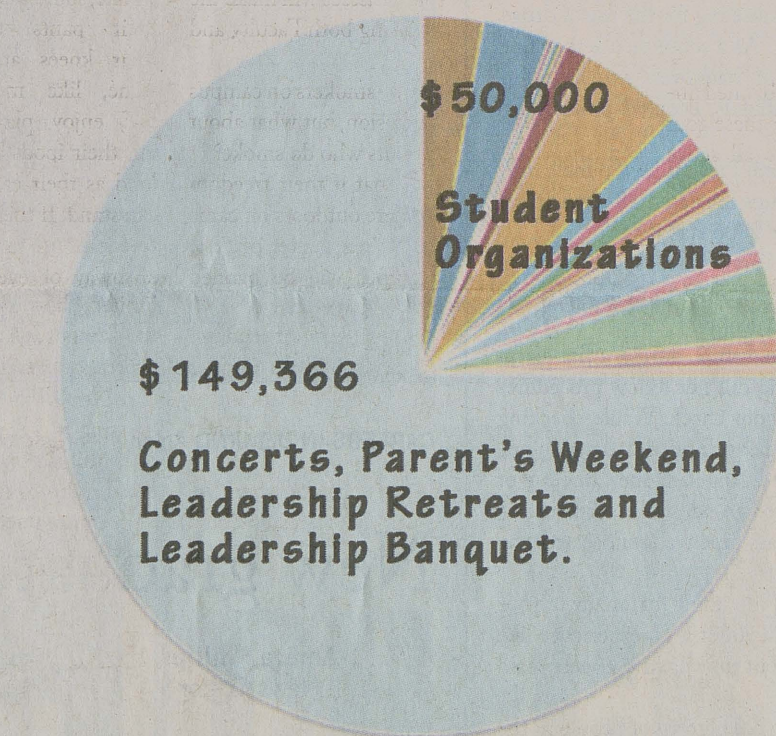
"I think it will help having the two faculty members because I am really the only person, and now Dr. Moore, who knows how things are ran... students come and go," said Regina Williams, administrative assistant of Student Affairs.

As of right now, the 10 members are shown the projected budget for the fall and spring semesters, and then approve the amount of money that is deducted from the total to be used towards two concerts, parent's weekends, the leadership banquet and leadership retreats.

"The intent of taking that money off the top is to make sure that we fulfill our three promises," said Johnny Moore, TJC's new vice president of Student Affairs.

Once this approval is made, the committee listens to and reviews presentations and proposals made by each organization that wishes to request money. It is then that the S.S.F.A.C. committee delegates and decides on how much money each recognized organization will receive.

According to the S.S.F.A.C.



constitution, the committee looks at what the organization wants to do, why they want to do it, for whom they plan to do it and what the results will be.

For the upcoming fall semester,

changes to the S.S.F.A.C. constitution and process may take place. Some students are still critical of the fact

— see SSFAC page 8 —

Not paying library fines can prevent students from registering for classes

Jarah Wright
Online Editor

Not returning a library book seems like a small matter but many students are finding out that forgetting about a book can result in holds and fines.

"Students cannot register for classes until all fines are paid," said registrar Andrea Liner.

By not turning in a library book, students will not be able to borrow any additional materials from the library and a hold is placed on their account, which doesn't allow the student to access any transcripts they may need until the fine is paid.

According to Marian Jackson, director of the Tyler Junior College library, the 2009 fall semester resulted in 272 receipts that led to students paying \$1,358 for lost and overdue library books.

The fines at the TJC library are 25 cents per day per item. However, there is a maximum limit of \$10 per item. This system has been in place since 1992 when Jackson came to work at the library.

Many colleges have these types of library fines and some of them are more expensive than the rate at TJC. According to the library Web sites for each of

these colleges, the University of North Texas charges 35 cents per day per item and the University of Texas at Austin charges a dollar per day per item. However, some of the maximum charges are extremely high compared to TJC. If a student forgets about a book at Texas A&M-College Station, they can earn up to a \$50 maximum per item.

The revenue earned from overdue books, lost books and the microfilm copiers go back into the library budget to help purchase new books and replacement books. However, the money from the paper copiers doesn't go to the library.

Many students have excuses to try to get out of paying the fines and Jackson said she has heard her share of them since she began working at TJC.

"Two years after I came to TJC, I had a student come up to me and say 'Well, I turned this book in to you three years ago.' The student went on to describe the exact outfit I wore that day," Jackson said. "But that was before I ever came to TJC."

Jackson said the biggest reason for late books is students procrastinating and forgetting they ever checked the books out.

— see FINES page 9 —

Student elections approaching

By Jarah Wright
Online Editor

Student Elections for the Student Senate Executive Offices will be held from 9 a.m. to 4 p.m. on April 19-20 on the second floor of the Rogers Student Center.

The positions needing to be filled are the executive senate president, executive senate vice-president, executive senate secretary, historian, treasurer and parliamentarian.

According to TJC, the requirements for any of these positions include being a full-time student with at least 12 hours of classes, must not be on academic probation or suspension, maintain at least a 2.5 GPA, pledge intentions of being a full-time student through their term of office, and give evidence of achieving a second-year standing by next fall.

Each position comes with its own job description and specific set of duties.

"The historian would head up the scrap booking committee and take photos at different events," said Student Senate President Austin Witherspoon.

"The treasurer manages all of the Student State funds and makes sure that we don't go over budget. The parliamentarian makes sure that all rules, policies, and procedures are

— see ELECTIONS page 8 —



College prep classes help get students up to speed

Eric Magpantay
Staff Writer

TJC is made up of a diverse student body with different backgrounds and not all students are up to Texas Higher Education Agency standards.

"Every single person can achieve a college degree and deserves a college degree," said Lisa Harper, dean of College Preparatory Studies.

A student enrolling at TJC who did not make high enough scores on the SAT, ACT or any placement test is required to take the Accuplacer test to determine if the student is ready for college. The Texas Higher Education Agency is responsible for setting the standard for students who may be allowed to take accredited college courses.

If the student does not meet the THEA requirements, the student is not barred from earning an education. Instead, the student is given the opportunity to undertake a certain level or levels of disciplinary college preparatory classes, based on the score made on the Accuplacer test, before taking accredited college courses such as core curriculum classes.

In 2007, 66.5 percent of in-district freshmen or high school

"Every single person can achieve a college degree and deserves a college degree."

-Lisa Harper
Dean of College Preparatory Studies

graduates were enrolled in at least one college preparatory class, according to statistics provided by TJC's Director of Institutional Research Dr. Lee Allard.

In 2009, it was reported that 53.7 percent of local high school graduates were enrolled in college preparatory classes. The number of students enrolled in college preparatory classes has not seen much change, but the number of student enrolled at TJC increased from 654 to 812 students from year 2007 to 2009.

Testing out of college preparatory classes is an option but the test must be taken before the 12-day. After the 12-day of enrollment the student may still test out and then drop the course, but students who are receiving financial aid must keep in mind the required number of hours they must take. If the financial aid conflicts with the ability for the student to drop the course, the student must attend the class or classes and participate in class

work activities.

The Department of College Preparatory Studies understands the possible situation and that all a student may need is a little refreshing on some foundational material.

Some students may understand the basics and actually excel in academics but may suffer due to language barriers or test anxiety. College Prep. offers guidance and services to help students.

College Preparatory makes individuals better students, not by just teaching basics, but by providing alternative classes like College Preparatory Student Success.

"CPSS is a neat course but it is not specifically under state guidelines that you have to know this. It's things that are helpful in a different way like note taking, listening skills, time-management and goal setting," said Student Success Coordinator Jaquitta Bol.

The purpose of the class is to teach helpful habits and tools students can use in order to make the learning process easier.

"We help students to be successful by facilitating their learning," said Bol.

For more information on college preparatory or student success visit the college preparatory office in Potter Hall or contact the College Preparatory office at (903) 510-2037.

Drug addiction a constant battle for some young adults

Irving Marmolejo
Staff writer

Students face many challenges while attending college; addiction is one of them. Addiction to prescription or illegal drugs can destroy an academic career and every dream in a student's life.

"The students that come for counseling for the use of drugs, experience lack of interest in school. As a consequence they find themselves skipping class because of 'hangovers' and have difficulties studying," said Tracey Williams, licensed professional counselor at Tyler Junior College.

According to the National Crime Prevention Council, during 2008 the use of prescription drugs increased 18 percent between young adults compared to the 2006 statistics.

Young adults who drink alcohol are 7.5 times more likely to use prescription or illicit drugs and 50 times more likely to use cocaine than those who never drink alcohol.

According to police reports, on Feb. 9, during a fire alarm test in Lewis Hall, any students who did not follow procedures were required to participate in a room check. While checking these rooms, Campus Safety found many dorm violations. In one room, alcohol bottles were discovered. Angela Nunez, director of residential life and housing, perceived an odor of marijuana and two pipes were discovered and a glass pipe was confiscated; the residents are under investigation.

"It is hard to avoid drugs when you know that many of your friends have tried them and they tell you it is an experience like any other, but they don't tell you about the negative effects," said Eric Tarango, student at TJC.

According to Medlineplus.com, 20 percent of people in the United States have used prescription drugs for non-medical reasons. In 2003, more than 6.3 million Americans reported use of prescription drugs for non-medical purposes. Prescription drugs like OxyContin cause constipation, drowsiness and slow breathing when used without professional supervision. Stimulants like Adderall increase attention, but also raise blood pressure and heart

— see DRUG page 5 —

TJC, others help keep Tyler clean

Justin Todd
Staff Writer

For the past two years, the Phi Theta Kappa Honor Society has been a part of the Keep Tyler Beautiful Adopt-A-Street program.

This chapter chose to adopt the portion of Fifth Street that runs from Beckham Avenue to Loop 323.

Approximately 15 members of this society come together once a month to contribute their time and effort to carry out their commitments to Adopt-A-Street.

"Any businesses that wishes to adopt a street must clean a designated one-mile area a minimum of four times a year. Even with this mandate, Phi Theta Kappa chose to do a trash pick-up once a month. It is open to all TJC students who would like to come volunteer their time," said Danielle Robinson, vice

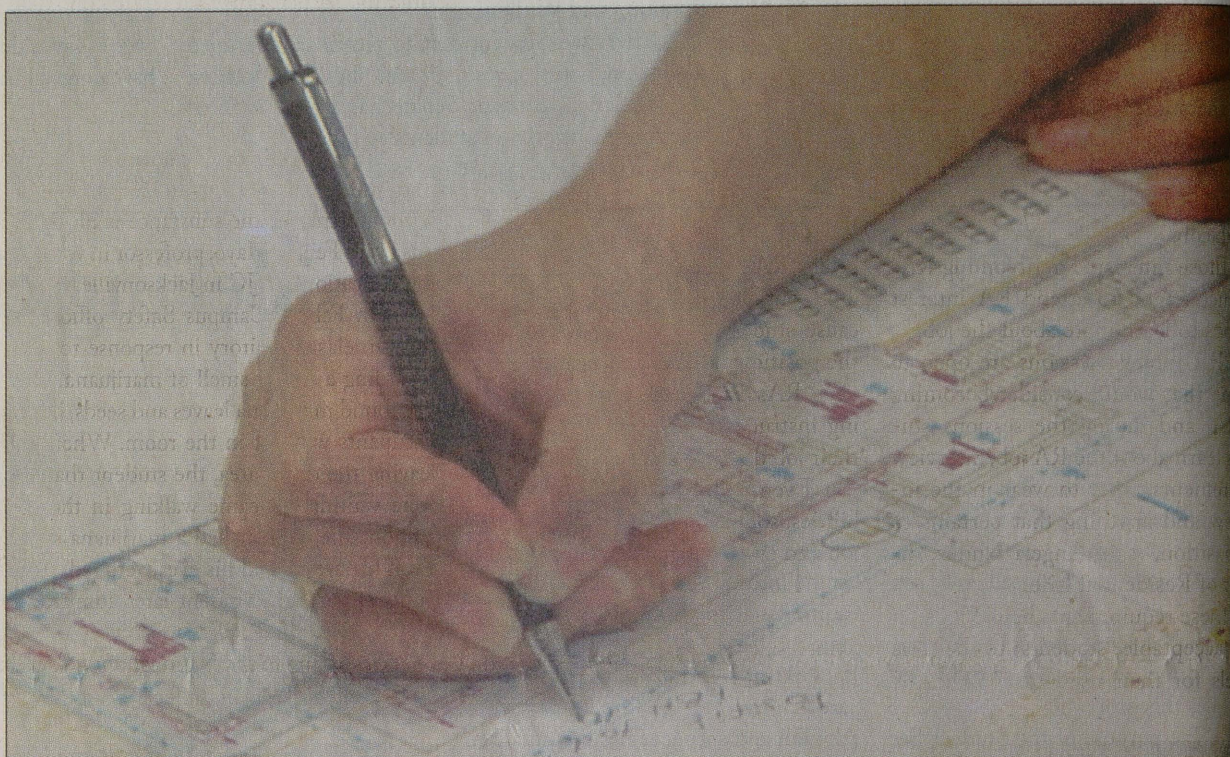
president of service for Phi Theta Kappa.

It is requested that two of these pick-ups occur during the City of Tyler's spring and fall clean-up weeks. Any business that wishes to adopt a street must do so for a minimum of two years. While achieving this goal, a sign will be posted declaring the business's name in their selected area.

"The City of Tyler is currently paying up to \$50,000 a year to the Andrews Center to go out and gather trash around Tyler several times throughout the year. Although, with the help of other local organizations adopting a street, this number could be reduced dramatically," said Kristi Boyett, special project coordinator.

For more information on the Adopt-A-Street project, contact Kristi Boyett at (903) 531-1348 or go to www.cityoftyler.com.

Jobs Wanted



Courtesy Photo

CAREERS IN DEMAND An engineer is pictured drawing a layout for a potential project.

New graduates face tough job market

Ambra Phillips
News Editor

All upcoming graduates are not anticipating job hunting after graduation.

"I am almost scared to graduate," said LaKeisha McCoy. "By the time I graduate in a year there will be less jobs available than there are now."

McCoy is majoring in social work and is not sure where she will work after graduation.

"I have friends that graduated last fall and still can't find a job, and they have a bachelor's degree," said McCoy.

Finding a job after college can be challenging, especially since the economy is struggling. According to whowhatwherewhen.com, the first few years after college can be the hardest time during adulthood.

The transition from college to the work force is challenging enough without the added stress of not being able to find work.

"I'm already nervous about having to be on my own," said Jarrell Mims, Tyler Junior College sophomore. "The thought of not being able to find a job is horrifying to me."

Different jobs have different job placement statistics. One-hundred percent of TJC's nursing graduates find jobs, according to Career Services, but students in other fields aren't as lucky.

Some students have degrees but have to return to school, because they are unable to find employment. Shana Arps who received a bachelor's degree in education in 2003 returned to TJC this spring to pursue a career in nursing.

"I have been out of college seven years and have had a hard time finding a job," said Arps. "Hopefully I have chosen a career where I can work the day after I graduate."

Students can do things to make

themselves more marketable after graduation.

Nothing can replace experience, therefore, doing an internship while still in school or after graduation is recommended by Annie Lan, Career Services coordinator.

Placing your resume on sites such as Monster.com is also recommended, along with consulting a career counselor.

"Stay positive. If a job doesn't open immediately, consider volunteer (work) or an entry-level position to get your feet wet," said Lan. "It's an opportunity to build and expand your resume."

Career Services doesn't offer a job placement program, but it does offer other services.

"We don't do job placement especially with the economy, it's too much pressure...with so few jobs it's extra challenging," said Lan.

Career Services will help with things such as critiquing resumes and will even stage mock job interviews. Assessment tests can be taken to see what career and jobs best fit students.

Career Services Office is located in Pirtle Technology Building suite 128.

"I think I'm going to try that career assessment thing. I wonder if the results will be the same as my major now," said Mims.

Mims is a business management major. After TJC he plans to obtain a bachelor's degree at the University of Texas at Tyler.

"I would hate to be in school all this time and can't get a job," said Mims.

Mims is not alone when it comes to having fears about being in the real world after college.

"First I have to stress the whole time I'm in college about grades," said McCoy.

"Then after college, have to worry if I can get a job...Wow."

HIGHEST PAYING JOBS AFTER COLLEGE

1. Investment Banker
2. Software Developer
3. Actuary
4. Engineer
5. Network Systems Administrator
6. Internet Marketer
7. Financial Analyst
8. Pharmaceutical Rep
9. Web Designer
10. Nurse

Source: earnmydegree.com

TIPS FOR FINDING JOBS AFTER COLLEGE

1. Be patient and persistent
2. Perfect application materials
3. Make First impressions count
4. Be on time
5. Be positive
6. Know what it takes
7. Practice out loud before interviews
8. Activate your network
9. Join a professional organization
10. Treat interviews as an opportunity

Source: usnews.com



DORMS: Lois Holley Hall, one of the male dorms on campus.

Courtesy Photo

RA positions crucial to on campus residential life

Audrinee' Anderson
Student Life Editor

Residential Assistants have become essential to the way dorms are operated and the experience of students who stay in the dorms.

"RAs are needed to keep the residential halls fun and safe for all residents," said RA of Ornealas, Tarah Jones.

As a result, TJC has made it a priority to provide 28 RAs throughout all eight residential halls to assist and guide students to follow rules and regulations.

To become an RA, interested students have to meet a variety of requirements that include an application process, an interview and maintaining a certain GPA.

"To be considered for a RA position, the student has to have attended TJC for a semester, meet criteria of the application and interview, and have a 2.5 G.P.A.," said RA of Sledge Hall, Kyle Jacob.

Those interested in becoming RAs are encouraged to attend RA interest sessions to learn more about the job.

"RA interest sessions are open to anyone that would consider becoming an RA, and during the sessions students learn about the RA job, interview requirements, what to wear in the interview and anything that pertains to the position," said Angela Nunez, director of Residential Life.

These requirements help TJC staff pick acceptable students to be role models for their residents. While the

school benefits, so does the RA.

"Being a RA comes with a lot of benefits, such as room and board, own room and getting the opportunity to meet new people," said Jacob.

This is a great deal for some because the older dorms cost \$2,750 per semester, while the Ornealas Residential Complex is \$2,985 per semester.

Yet, RAs aren't paid an hourly wage. Their room and board compensates for the work RAs do.

"There isn't a set amount of money that any RA gets, only room and board, and everything else depends on financial aid and scholarships," said Nunez.

Though there are advantages to being an RA, there can also be a downside to the job such as being on call at all times, hardly having any free time, working five days out of a week and dealing with numerous personalities.

"There is more pressure when being a RA than just the pressure of school. There is also the duty of having to work all the time," said Jones.

On the other hand, students can be an RA for as long as they attend TJC, but there are situations that can cause students to be terminated from the position.

"RAs can be fired for not following instructions or even for not doing their job duties," said Jacob.

Even though RAs have responsibilities, some have proven to love their job and everything that comes with it.

"I love having the feeling that I get to meet new people and affect people's lives," said RA of Ornealas, Jordan Francis.

TJC considers background checks

Jamisha Daniels
Staff Writer

To ensure the health and safety of dorm residents, Tyler Junior College is considering implementing background checks on housing applicants for the fall semester.

TJC's Residential Director Angela Nunez said the college is in the process of investigating the pros and cons of background checks for dorm residents.

Background checks would let the school know exactly who and what they are dealing with by giving the school access to a student's criminal history.

There have been no specific incidents that have happened to have the administration think about starting this process, but the new dorms have been subject to rampant vandalism.

"We are trying to increase the safety of the students, and we also see that is becoming a trend in other schools," said Director of

Marketing and Public Information Fred Peters.

Blinn College requires a background checks for their students.

"We do have background checks for every student's safety," said Kalisa Pomy of Blinn College.

Some colleges do not do a full background check, but ask about specific felony offenses.

"We do not do a full background check on our dorm application, but we do ask if the student is a sex offender," said the D'nese Haddox, associate director of Stephen F. Austin Residential Department.

Some feel that implementing a background check might limit some of the students who have been committed crimes and possibly make the on-campus living experience safer.

"We want to make sure our residence halls are safe; there's a great expectation for health and safety for parents and students,"

said Peters.

If TJC chooses to implement the process, the form would be a part of the residential application and it would only be an authorization form asking permission from the student to perform the actual background check. The background check process would take about 48 hours to complete, so it would not affect the dorm application process. The check would also not cost the student anything more than what it has in previous semesters. The money would be taken out of the application fee of \$100, according to Peters.

"One of the reasons I moved out of the dorms, besides wanting my privacy, was because of some of the fights and crime that kept happening in my dorms," said former Bateman Hall resident Chicoya Jackson, 19.

For more information about living on campus, contact Residential Life and Housing at (903) 510-2345.

DRUG

continued from page 4

rate.

According to the National Institute on Drug Abuse, marijuana is the most commonly abused illicit drug in the United States. Marijuana was responsible for 16 percent of all admissions to treatment facilities. During 2006, admissions to treatment facilities were primarily male (73.8 percent), white (51.5 percent), and young adults (36.1 percent) were in the 15-19 age range.

"When a person is addicted to a prescription drug they are more likely to look for new substances without caring if the substance is illegal or dangerous," said Felicia Mayo, professor in vocational nursing education at TJC in Jacksonville.

On Feb. 2, Campus Safety officers arrived at the Ornealas dormitory in response to a phone call regarding a strong smell of marijuana. Campus police found marijuana leaves and seeds, but one of the occupants was not in the room. When police were leaving the dorm area, the student that the officers were waiting for came walking in the officers' direction. The student had a marijuana smell coming from his breath and his eyes were red. According to police reports the student later admitted to "being high" and Campus Police took necessary action.

According to the National Survey on Drug Use and Health, marijuana affects the brain; addiction

and psychotic reactions are signs of risk for mental illnesses. Marijuana also affects the heart rate by 20-100 percent; shortly after smoking it increases dramatically the chance of a heart attack.

"We help students with addiction problems like alcohol; we receive an average of two students who are addicted or getting addicted to marijuana and just a few cases of cocaine per semester. The main purpose is to stop addiction before it consumes the student," said Williams.

Cocaine is a strong brain stimulant and one of the most powerful addictive drugs. Cocaine is the second most used illicit drug (following marijuana) in the United States. One out of four Americans between the age of 26 and 34 has used cocaine in their lifetime. During 2004, there were 12,166 Federal drug arrests for cocaine.

Short-term effects of cocaine, snow, big C, or coke are constricted blood vessels, depression, fatigue and irritability. Long-term effects are paranoia, ulceration of the mucous membrane of the nose and memory loss, according to the National Institute on Drug Abuse.

For more information, contact the Tyler Junior College Campus Safety Department at (903) 510-2258 or for help or counseling call Tracey Williams at (903) 510-2041.

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Needed improvements are underway at Wagstaff Gym

By Chris Jones
Staff Writer

Renovation is going on at Wagstaff Gym to upgrade and expand the facilities for the future appearance and improvement of the sports complex.

"Renovation is going to include restructuring in the back and front part of the gym," TJC Athletic Director Tim Drain said. "In the back part of the gym, the plan is to have a separate men's wing and women's wing on each side of the concession stand."

This renovation, which is estimated to cost between \$5-\$6 million, is scheduled to be complete by Nov. 1, hopefully before the basketball season starts.

Built in 1963, this facility hosts different special events including the annual Wagstaff Holiday Tournament in December and high school basketball playoff games. Also, every fall and

spring TJC graduation is held in Wagstaff Gym.

"The benefit of having a men's wing and a women's wing is it modernizes the men's and women's area," said Mike Marquis who is the men's basketball coach. "In the past, using the showers has been an issue because players would have to walk across to use the shower rather than the men and women having their own particular shower area."

Particularly, the locker-rooms inside of Wagstaff Gym have been talked about in needing to be improved and upgraded with the rest of the gym.

"The locker rooms will be a great improvement," Women's Basketball Coach Trenia Jones said. "We have a great facility and the improvement of the locker rooms will be a upgrade to go along with the rest of the gym."

Renovation in the front of Wagstaff Gym is going to be a busy job.

"Construction in the front of

Wagstaff Gym includes adding two ticket booths, extending the Wagstaff office and adding administration offices," Drain said.

Two sections that are not going to change are the basketball court itself and the seating capacity, which is currently 2,500.

On the other hand, sold-out crowds have made their way into the gym in the past for different events like the high school playoff games, TJC conference games, and even games between rivals John Tyler and Robert E. Lee.

"There are probably more people that go into that gym than a lot of people think," Coach Marquis said. "It is a great venue for the TJC graduation and it is great to have an annual event like the Wagstaff Holiday Tournament that TJC gets to host every year."

— see WAGSTAFF page 9 —

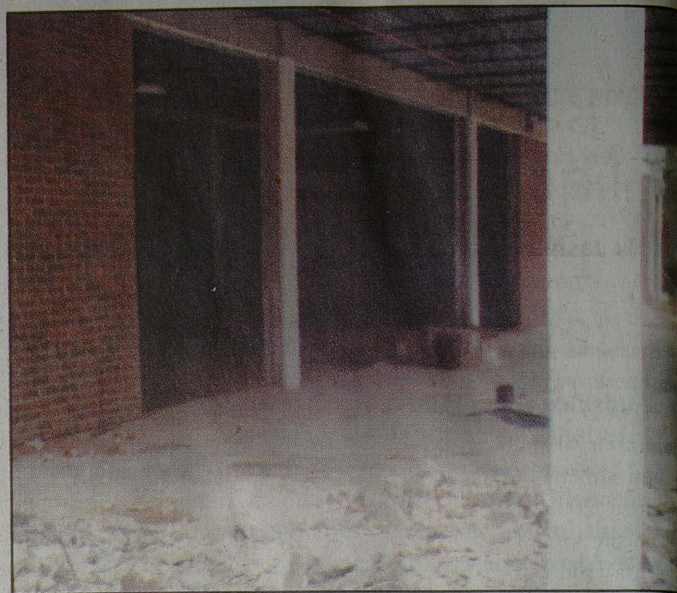


Photo by Chris Jones

CONSTRUCTING NEW FACILITY Renovations continue on Wagstaff Gym to improve and upgrade the current facilities

Team's sights set on playoffs as the season winds down

BASEBALL

By Brad Thompson
Sports Editor

Every baseball player knows that with every season comes a lot of hard work and dedication. As the Apaches get past the mid-point of their season, they are sitting at second place in the national polls with a 25-11 record.

Nobody expected TJC to be doing this well after losing head coach Jon Groth who lead the team to a World Series Victory in 2004.

"Nobody was expecting us to do as good as we are. I talked to the team, and everybody knew we just had to move on and play our best," said head coach Doug Wren.

In recent years, Apache baseball has won two World Series and been to the playoffs numerous times.

"We're not fooling anybody. Baseball has always been a great success at TJC, and we're not going to let that die," said Matt McManemin, Apache infielder.

The Apaches still have until the beginning of May to finish the regular season, then maybe have a seat in the playoffs.

"We got to make it to playoffs," said pitcher Taylor Pepper. "Right now, the number 1 team is Eastfield College, so we want to beat them in the playoffs."

Throughout the season, the Apaches have won several big games, and Coach Wren believes that they can beat almost anyone. Their most talked about game was against Western Oklahoma State when TJC came back from behind at the end of the game and ended up winning 5-3.

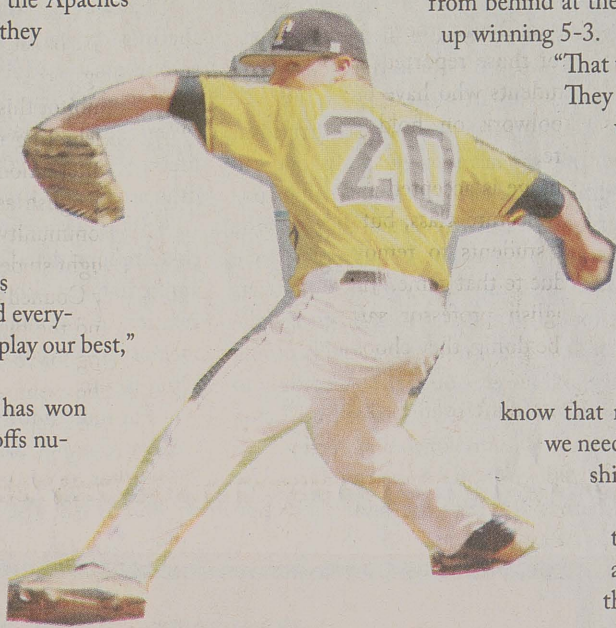
"That was a great win for the team. They didn't give up and their hard work paid off," said Wren.

Despite the games the team has won this season, Coach Wren always tells his players that they have to treat their next game like it's their biggest.

"He always lets us know that no matter who we play, that we need to play like it's a championship game," said Pepper.

Wren's coaching and motivation has paid off because a playoff spot is almost a sure thing for the team.

"He pushes his team hard and they deserve the great success that is approaching them in the future," said Eddy McGuire, head athletic trainer.



Photos by Jarah Wright

BEATING THE THROW Above: Cole Lehmann stretches out and reaches first safely during the game on March 31. Inset: Payton Parsons winds up to strikeout the batter

McGuire was a trainer before Wren was named head coach and he believes that Wren is going to be just as good or better than Groth.

"I saw many great things that Groth did for the team, and already experiencing the things that Wren has it's just amazing," said McGuire.

The Apaches last regular season game is on April 26 versus Texarkana College at Mike Carter Field. Then they will move on to play in the MAC tournament starting May 1.

Track and Field club comes to TJC

TRACK

By Amanda Caldwell
Photo Editor

Tyler Junior College is known for numerous things, and one of those things is sports. Those who are associated with TJC, are familiar with all the sports that are offered. Now a new addition to TJC's list of sports is the track club.

Although the club is not yet an official team, and will not be participating in any events due to funding for the semester, this gives the students more time to get ready and be prepared, and start training for the next season.

"By establishing the track club, this will give the team time to compete and better themselves for university level," said Brian Stephenson, TJC track coach.

Stephenson has been coaching track for seven years, three of those being at high school level and the other four at college level.

"I wanted to help and give them the opportunity that they wouldn't have. I can branch out, and give them hope," said Stephenson.

Student Life helps fund the track club, hopefully in the upcoming fall, fundraisers can be held to earn money to participate in track meets, while also laying the ground for



Photo by Amanda Caldwell

Running The Track TJC track club member Alexander Barajas strides the track during practice.

a future track team.

"I stress consistency in training. Athletes need a good level of dedication to make it to the next level," said Stephenson.

If interested in participating along with the track club athlete must be a TJC student, have a GPA over 2.0,

— see TRACK page 9 —

Racquets swing as season continues

TENNIS

By Chris Davila
Staff Writer

The recipe for a championship season is one that Tyler Junior College tennis head coach John Peterson knows well. It begins with a talented group of players, sprinkled with a desire to win, great coaching and a dash of luck.

As the season winds down for Peterson's teams, not much has surprised him. The women are dominating their competition, and the men are having to find some answers as their season progresses.

The women are coming off several big wins against nationally ranked teams that include the preseason number one ranked team in the country, Hillsborough Community College (Fla.), and number three ranked Lee College (Texas). Going into press time they stood at a record of 21-2.

After beating Hillsborough, the TJC women will now likely take hold of the number one ranking and be the team to beat.

"Before, we were the team that was trying to beat the number one team, but now the bull's-eye will be on us," Peterson said. "We'll see how we handle that, but I think we'll be all right."

The players also know that they will get every opponent's best match for the rest of the season.

"There's pressure to keep winning, but we want to prove to everyone that we are the best team," freshman Brooke Dennis said.

"They have more talent than they're realizing right now."

—John Peterson
TJC Tennis Head Coach

Three of the top five women players are non-scholarship players and have plenty to do with the team's success up to this point. They include sophomore Masha Slupski, and freshmen Susan Wen and Antonia Kolovou.

Although the women have been peaking throughout the season, Peterson still believes that his women's squad hasn't reached their full potential.

"They played their strongest matches (in the Baytown tournament), but they're capable of playing stronger," Peterson said.

Both losses on the women's record have come at the hands of NCAA Division I teams, Lamar University and Northwestern State. Losing to junior college or coming up short of a championship isn't something the players plan to experience.

"The players here from last year that lost nationals remind us of what that feeling was like and we don't want to go through that and know what it feels like," Dennis said.

Coming into press time the men stood at a record of 12-4. It may be a winning record, but

— see TENNIS page 9 —

sportsCALENDAR

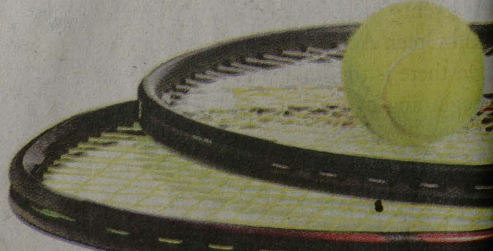
Upcoming TJC athletics

Baseball: April 17, 1 p.m. @ Grayson County Junior College; April 19 vs. East Texas Baptist University; April 23, 1 p.m. @ Dallas Christian; April 26, 3 p.m. vs. Texarkana College

Men's Tennis: April 16-17 Region XIV Tourney-Bay Town, TX

Women's Tennis: April 16-17 Region XIV Tourney-Bay Town, TX

Men's Golf: April 19-20, District Tournament @ Squaw Valley-Glenrose, TX



JAZZ



Final spring show takes flight

By Tyenicia Evans
Staff Writer

The TJC theatre department is taking flight under the wing of Dr. David Crawford as Arthur Giron's new play "Flight," April 14 through April 18.

"Flight" was chosen not only for its content but because Giron is a good friend of Dr. Crawford.

"I like to do his work and he likes to do mine. That's why we are such good friends. We respect each other's work," said Crawford, who is directing the production.

Dr. Crawford and Giron met in the summer of 2004 at a workshop in New York while Crawford was doing his off-Broadway play "Harvest," which Giron sponsored. They worked together for the first time in the play "Becoming Memories."

Crawford is taking this play in the direction of "three boards and a passion," meaning there is a bare bone stage set so that the audience can use its imagination, giving the audience a "what if feeling."

The play doesn't focus so much on how the Wright Brothers flying machine actually works, but instead on the family memoir of the Wright Brothers who actually didn't like each other very much.

The play shows a family that holds its center and rises above the rest because of the unconditional love and support of the mother.

The cast consists of only five actors, one being the director's son, Caden Crawford as Wilbur Wright and Corey Finzel, who also starred

in "Singin' in the Rain," as Orville Wright.

"The reason why the Wright brothers were so successful in their work is because they had a thinker and a doer. Orville being the doer and Wilbur the thinker," Finzel said.

He is excited for the play because their cast is able to work so well together.

The cast has been rehearsing since March 15. They have been trying to perfect the feat of bringing a bicycle race to the stage.

The play's biggest attraction is their replica of the Wright's original airplane. Glenn Shackelford has put all his effort and talent volunteering to assemble the replica. It took him two weeks to construct the framework. With a wingspan of 20 feet, he used no blueprints and did his own research online. The plane has rudders and a propeller but, motor-less, will not be flying anytime soon. Shackelford actually got a lot of his inspiration and motivation from the Wright brothers.

"I woke up one early Saturday morning to Mr. Shackelford saying 'the Wright brothers didn't go to hardware store they found their own parts,'" said Jacque Shackelford, theatre professor.

One of his biggest concerns is what is to be done with his plane when the show is over.

"At the end of each play the set is completely taken apart and I would rather them not destroy my plane," said Glenn Shackelford.

Box Office hours are weekdays from 10 a.m. to 6 p.m. Monday through Saturday performances begin at 7:30 p.m. Sunday matinees begin at 2 p.m. To make reservations call (903) 510-2212.

FOR RELEASE JANUARY 24, 2010

THE TV CROSSWORD

by Jacqueline E. Mathews

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57						58					59		

1/24/10

ACROSS

- "The ___ Bang Theory"
- Unable to hear
- Actor Sandler
- Neighbor of Syria: abbr.
- Eye flirtatiously
- Robe to wear at the forum
- Actress Thompson
- Series for Vanessa Williams
- Shish __; barbecue favorite
- "20,000 Leagues Under the ___"
- "___ by Step"
- Awards for TV shows and stars
- Actor Slater
- "___ of Practice"
- Cheers
- Animator's transparent sheet
- ___ model; one to imitate
- "People ___ Funny"
- "Ghost ___"
- "CSI: ___"
- "High ___"; Gary Cooper classic
- Nav. rank
- Jay Leno's successor
- Reality series for Kevin O'Leary
- Female sheep

- Afterbath powder
- ___ vera
- Dick ___ Dyke
- Kill
- Siesta
- "Red ___"; Greg Gutfeld talk show

DOWN

- Defraud
- "... ___ by your outfit that you..."
- Snatch
- "Reasonable ___"
- "The ___ and I"; MacMurray film
- "___ in the Family"
- Tina and her family
- "The ___"; George Peppard series
- Polka-___ dress
- Insurance co. rep.
- Elly ___ Clampett; Jed's daughter
- Has-___; one no longer popular
- Without changes
- Carve in glass
- ___ the sky; fanciful notion
- "The Tragedy of Othello: The ___ of Venice"
- Christmas
- Suffix for young or gang
- Study at the last hour
- Mata ___
- Actress Perlman
- Additionally
- "Biggest Little City in the World"
- Martindale, of game show fame
- Pool table corner
- Series for Taylor Schilling
- "___ Trek"
- Ms. Campbell
- "I'll Fly ___"
- Hawaiian goose
- Wall and Easy: abbr.
- Linden of "Barney Miller"
- Chicken ___ king
- Pub order
- Denials

Solution to Last Week's Puzzle

H	A	L	F		F	R	A	N		P	A	T
A	R	E	A		R	O	L	E		H	I	E
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				T	H	E	M	I	D	D	L	E
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T	D	S		T	E	D	S			N	E	A

1/24/10

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1** 2 3 4

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					4	3			

SOLUTION TO LAST WEEK'S PUZZLE 2/21/10

8	7	3	1	5	9	2	4	6
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9	2	4	7	3	6	1	8	5
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1	9	2	6	8	5	4	7	3
3	5	7	9	4	2	6	1	8
2	6	1	4	7	8	5	3	9
7	4	9	5	6	3	8	2	1
5	3	8	2	9	1	7	6	4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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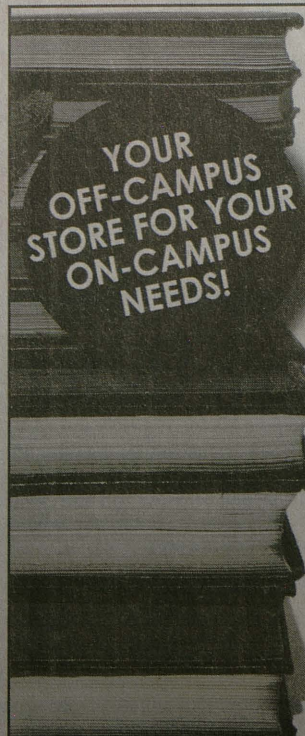
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COLLEGE BOOKS
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DISORDERS

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bulimics make themselves throw up.

"People with anorexia restrict themselves to what they eat and they are really compulsive about it," she said. "Bulimia is more of a psychological eating disorder where people binge and then vomit. They overeat, and then convince themselves to get it out of their system. These eating disorders can become an obsession. And they are hidden very well."

Eijsink said vomiting or taking laxatives gets rid of your sodium, potassium and magnesium. She said all of these things control the muscles including the heart.

"In my youth, there was a singer named Karen Carpenter," she said. "She died in 1983 from anorexia. They didn't know a whole lot about it at the time but she suffered from heart failure from chemical imbalance. It's a tragedy. People who have eating disorders don't know how serious it is."

Adam, another sophomore, said he would also risk his health to get the perfect body.

"Guys who are more metro sexual do all of that throwing up and stuff," he said. "I wanted to get bigger and have more muscles. It's what intimidates other males and gets the females."

Eijsink said she has had patients come in while they were on steroids. She said they take them to develop their muscles.

"I had a patient who was taking steroids come to me because he had begun to develop breasts," she said. "The steroids were causing the production of more testosterone that was converted into estrogen. However, he didn't want to quit the steroids. He wanted me to prescribe him Tamoxifen to counteract the breasts so that he could continue to take the steroids."

Adam said he began taking steroids when he was 15 years old.

"My dad took them because he was a professional body builder," he said. "He was always working out and going to competitions. Eventually I wanted to do the same thing so I started taking a few of his pills without him knowing."

Adam said he was not aware of the dosage he would take. He said that eventually led to his addiction.

"I thought it was a muscle pill where the more you take the more juiced you get," he said. "But the side effects became worse as time went on."

Adam said he began to have mood swings that affected his family and relationships.

"I lashed out over small things and my girl friend broke up with me," he said. "As much as I cared about how I was treating them, I also cared about my performance in sports such as football and wrestling."

Adam said he would do anything for steroids, including purchasing them illegally.

"I would go online or go overseas during wrestling matches and purchase them on the

black market," he said. "I didn't see them as being too bad because they served a purpose to me and that was to be successful. It's not like weed where you get messed up for no reason."

Adam said he continues to take steroids but has limited his dosage to what he feels is necessary.

"I'll take a shot once a week or something like that," he said. "I won't stop taking them anytime soon. A lot of guys, including professional athletes, take steroids or some form of it; even if they don't want to admit it. It's the same as a diet pill but the only difference is that it works."

Eijsink said steroids come in the form of pills, injections, patches and shots. She said steroids cause side effects such as high blood pressure, acne, depression and premature baldness.

"The left part of the heart can become overdeveloped," she said. "Guys can also get testicular atrophy, which means their testicles become small and don't work. They can also have psychiatric effects such as mania (energetic), they can start seeing and hearing things, 'roid rage' where they are easily frustrated and may attempt or commit suicide."

Eijsink said the media is one of the causes of eating disorders.

"People are so immersed in the media and the materialistic world where they care more about what everyone looks like and not what they think," she said. "No one should take steroids or have eating disorders, but you can't just tell young people 'no.' The frontal lobe of your brain doesn't mature until you're 25 and that's the decision-making part of your brain. So young adults are going to do whatever they want to do."

Eijsink said that contacting a doctor would be the best thing to do if anyone suspects an eating disorder.

"Having eating disorders and taking steroids is a foolish thing to do," she said. "It's playing with your hormones and that's a big part of how you think and act. If you know anyone who has an eating disorder or takes steroids do not leave them alone. Go with them to the doctor, hold their hand and be with them physically and spiritually."

EATING DISORDER HELPLINE

If you or someone you know has an eating disorder please contact the National Eating Disorders Association at:

www.nationaleatingdisorders.org or call 800-931-2237

Source: nationaleatingdisorders.org

VIDEO

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available for all to see and she was being questioned about soliciting child pornography.

"How could I be accused of posting child pornography when I was a child myself? I posted the video in all its contents without regarding the girl in the background, it was more about my friends in the foreground," Phillips said.

The charges were later dropped but the 'what if' still haunts Phillips.

"I never would have imagined that a video I posted could cause such a stir and have such a negative effect on my life. If I did, I wouldn't have ever posted it," Phillips said.

However, not everyone who uploads a video is the accused of a crime. Some are victims themselves.

Kristina Espinoza became a victim of online harassment when she posted an innocent video on YouTube of her receiving an acceptance letter into college. Kristina produced biweekly videos on her channel showing her everyday experiences and managed to pick up quite a following.

"I made a video of everyday tasks and put a background track to them as just something to do," Espinoza said. "I liked reading the comments people left me about each video and just the idea that someone was watching them."

Regrettably, someone was watching Espinoza's every move. Espinoza's video showing her receive her acceptance letter was posted and it showed her holding up the envelope to the camera with her address visible.

"I was just so excited, I just wished to share it with the world," Espinoza said. "I didn't real-

ize I shared my current address with them in the process."

Espinoza had been receiving comments from one particular fan that seemed to enjoy her videos far too much and when her address was made public, that fan showed up at her doorstep.

"I was freaked out. Here was this older man at my doorstep talking about how he loves and watches my videos daily and how he drove all the way here to meet me," Espinoza said. "I posted videos for strangers and here was this stranger at my door wanting to interact with me. I was scared for my life."

Espinoza's visitor was arrested and told to stay 50 feet from Espinoza at all times. Espinoza's and Phillips' videos were both taken down and Phillips' YouTube account was suspended for a year.

"My account was taken down and I was relieved, my life was my life again," Espinoza said.

However, sometimes just suspending the accounts or taking down the video doesn't fix the problem.

"Cyber crimes are a daily problem that young adults constantly face, whether it's online harassment, online bullying, soliciting pornographic images, and Internet theft, students tend to be the most involved," Max Lerner, Longview Police Department cyber unit officer said. "Once videos and images are placed on the Web, they're public domain and the problems that come with them never truly go away...so consider that next time you post."

ASSAULT

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dating. For this reason, this stage of a relationship is so important," said Deborah P. Kelley, psychology teacher at Tyler Junior College.

On Oct. 28, 2008, Campus Police responded to a complaint of violence regarding a female student at TJC. The student and her boyfriend were arguing in her vehicle when the altercation became physical. Both individuals were separated after they were found arguing and slapping at each other. Campus Safety is still investigating the incident.

According to the National Crime Victimization Survey, one of three teenagers has experienced violence in a dating relationship. Most victims are young women, who are also at greater risk for serious injury.

"Most abusers increase their violence gradually, manipulating their victims until they escalate to physical abuse, pushing, punching, attacking with weapons and even abusing sexually," said Carney.

According to a research study of the University of Pennsylvania, domestic violence

between women 15 years old to 44 years old is leading to more injuries than those caused by car accidents and gang-related violence combined.

"Sometimes victims do not understand that a violent relationship could be fatal and could lead to tragic consequences," said Flowers.

According to the East Texas Crisis Center, 120 women were killed in Texas during 2006 by their intimate partner.

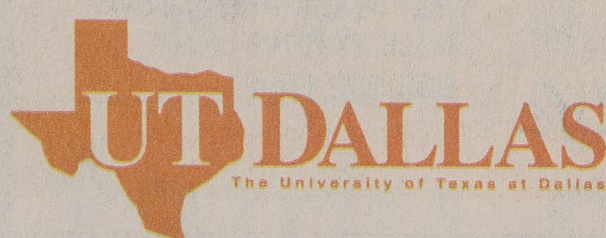
Women experience about 4.8 million intimate partner-related physical assaults and rapes every year. Less than 20 percent of battered women sought medical treatment following an injury, according to the National Center for Injury Prevention and Control.

For more information or help, contact a crisis counselor at TJC at (903) 510-2041 or East Texas Crisis Center at (903) 509-2528. East Texas Crisis Center provides shelter, financial help, legal counseling and psychological help.

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